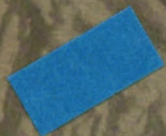


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# PLANNING NAVY MEALS



NAVY DEPARTMENT  
BUREAU OF SUPPLIES AND ACCOUNTS  
NAVSANDA Publication 362

November 1958





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(NAVY DEPARTMENT)  
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## NAVY DEPARTMENT

Bureau of Supplies and Accounts

Washington 25, D. C., 24 November 1958

The day-to-day interpretation of the food needs of personnel and the food service capacities of a ship or shore station is largely the responsibility of a trained menu planner. The menu that is written is a composite of on-the-spot judgment and individual initiative that is exercised to provide nourishing and practical meals.

Menu planning as an individual command function has successfully achieved the basic purpose of the Navy Ration Law which is entitlement of every man to a consistently nutritious and satisfying ration under widely varying operating conditions and geographic locations. The objective of Planning Navy Meals is to develop the skill which is necessary for this function. This handbook is an on-the-job reference for personnel who write menus and for those who supervise Navy menu planners.

L. P. KIMBALL, JR.  
*Acting Chief of Bureau*

*Stacks*  
DEPOSITED BY THE  
UNITED STATES OF AMERICA

*5-1-57*

## PREFACE

PLANNING NAVY MEALS was developed by the Navy Subsistence Office, with assistance from the Food Service Advisory Committee of the National Security Industrial Association.

The Chief, Bureau of Supplies and Accounts, gratefully acknowledges the valuable guidance voluntarily contributed by member companies of the Food Service Advisory Committee toward development of this handbook. This handbook marks another significant industry-sponsored contribution to Navy food service, and is evidence of the Committee's continuing assistance with various commissarymen's handbooks.



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## INTRODUCTION

### **THE NAVY MENU PLANNER**

The skill of the individual menu planner shapes every meal served in the Navy. Developing skill in on-the-spot appraisals of operating conditions, food acceptance, and food supplies in terms of potential meals is a demanding and responsible task. To perfect such skill requires:

1. gaining basic knowledge of menu planning principles,
2. balancing meals in a nourishing combination of foods,
3. upholding the traditional Navy feeding standards established by the Navy Ration Law,
4. keeping food costs within justifiable limitations and prescribed monetary allowances,
5. planning for efficient food supply management and logistics.

Flexibility and adaptability are essential in designing Navy meals. The foods that are written into menus vary as requirements vary between different activities. Often activities operating under like conditions cannot adapt to identical menus. The adaptability acquired with menu planning skill is necessary in writing menus for each Navy mess, regardless of size or location. Learning the "whats" and "whys" of planning menus and experiencing enough practice to acquire skill will perfect each menu planner's ability.

### **THE NAVY MENU PLAN**

The menu is a food plan for a meal, a day, a week, or longer and is an important document. A good menu plan is a contribution to a smoothly operated ship or shore station. To the commanding officer, a good menu is assurance that meal plans are in line with efficient management of subsistence supplies, stowage space, prescribed allowances, commissary personnel, and galley and mess facilities. No less important to the commanding officer is the essential contribution of a skillfully planned menu to the health and morale of his men.

# CHAPTER I: THE SCIENCE OF MENU PLANNING

## BALANCING THE MENU

### Ways to Balance Menus

### The A B C's of Menu Balance

### Tipping the Balance Scale

A balanced menu includes foods that provide the proper nourishment for the body. Most foods contain at least one kind of nourishing value essential for efficient body operation. Some foods, however, contain more of one kind of value than others and different people have different food needs. Testing for menu balance is done in one of several ways.

## WAYS TO BALANCE MENUS

### THE SCIENTIFIC WAY

Balancing menus the scientific way is not an easy task; a lot of information and paper work is needed to accomplish the job. Professional menu planners use this system to achieve balance: First, the total amount of food eaten in a day is measured.

Next, the food values in each amount are determined. Finally, the food values are checked against a yardstick of body food needs. If the values of the total amount of foods eaten in a day are equal to, or exceed, the amount in the yardstick, the menu is considered scientifically balanced.

The yardstick, or measure of body food needs, is called Recommended Daily Dietary Allowances (see Appendix C). The allowances are a suggested list of the substances needed daily by persons of different ages, sex, and work activity. Numbers of calories and amounts of protein, minerals, and vitamins are suggested in the allowances for proper body building, regulating, and for energy.

Obviously, it is not possible to write a menu that is exactly balanced for every person's food needs. Food values differ between foods and food needs vary between people. But planning balanced meals need not be done by professionals. Aim and strive for a menu that meets the needs of the most people; to do this means adopting some simplified system.

### THE BASIC SEVEN WAY

One way to balance menus is familiar to many Navy menu planners—The Basic Seven plan. This food guide consists of seven basic food groups that supply the materials for body growth and upkeep. If one food is selected from each of the seven food groups and included in daily meals, the menu may be considered balanced.

The Basic Seven is a valuable tool for balancing menus; information on this aid is not included because it is so familiar and frequently used elsewhere.

### THE DAILY FOOD GUIDE WAY

Another aid, the Daily Food Guide, is an easy, practical, and common sense guide which furnishes a "built-in" guarantee for balancing menus. This guide may be used for planning meals in the same way as the Basic Seven food plan. Since the Daily Food Guide is a more recent aid to wise food selection, it is used as a basic food plan in this particular handbook.

Writing a balanced menu is actually a simple matter, regardless of the balancing tool selected. First, learn the simple A B C's of writing balanced menus. Here are the A B C's.

## A. ADOPTING A BASIC FOOD PLAN

### THE A B C'S OF MENU BALANCE

Include These Food Groups Each Day:

- I. Milk Group
- II. Meat Group
- III. Vegetable-Fruit Group
- IV. Bread-Cereal Group

PLUS

OTHER FOODS, such as butter, margarine, other fats, oils, and sugar. Three of the four food groups furnish one KEY FOOD VALUE plus ADDITIONAL VALUES:

Food Group	Key Food Value	Additional Food Values
I. Milk	Calcium	Protein and vitamins
II. Meat	Protein	Minerals and vitamins
III. Vegetable-fruit	Vitamins (A and C)	Furnishes some of most other values

The fourth group, Bread-Cereals, furnishes many of the B vitamins plus protein, iron, and calories. Additional amounts of the food values and needed calories are supplied by OTHER FOODS. This basic food plan, the four food groups plus other foods, will supply the essentials of an adequate diet. These essentials are:

1. energy (measured in calories) or the body fuel furnished by carbohydrates, fat, and protein;
2. protein for growth and repair of the body;
3. minerals (calcium, iron, and others) for body growth and regulation of body functions;
4. vitamins for growth and regulation of body processes;
5. water for a body building material and regulator of body processes.

## B. BUILDING ON THE BASIC PLAN

Include the number of servings suggested in each food group listed in the DAILY MENU FOOD SELECTIONS, Table No. 1, page 4 through 7.

Each day, choose foods for the menu from the four broad food groups. Add other foods as needed to make the meals more appealing and satisfying. Each member of the crew needs at least the minimum number of servings daily that are suggested in the Daily Food Guide. Foods within each group are similar, but not exactly the same, in food value.

## C. CHECKING MENU BALANCE BY MEASUREMENT SCALES

Any balancing operation requires checking weights and measures. Menus are no exception. The Navy Ration Law details the weights and measures of foods allowed per man per day. The Law provides food allowances which should assure wholesome, nourishing meals for all and, at the same time, affords one scale for measuring menu balance. The Daily Food Guide, with its four food groups, provides another means for measuring menu balance.

If the number of servings suggested in the Daily Food Guide groups are included in a day's menu in the amounts allowed per person in the Navy Ration Law, the menu may be considered as adequately balanced. Refer to the MENU BALANCING MEASUREMENT SCALES, Table No. 2, page 8, to check measurements.



## **THE NAVY MEAL PATTERNS**

A list of foods normally eaten by Navy men every day is another aid to shaping food plans into balanced meals. The following list of food items grouped into three daily meals represents a pattern usually followed in Navy general messes:

### **Breakfast Pattern**

Fruit or fruit juice  
Cereal  
Milk  
Main dish  
Breakfast pastry  
Bread  
Butter  
Beverage

### **Dinner or Supper Pattern**

Soup (once a day)  
Main dish  
Gravy or sauce  
Potatoes  
Vegetable  
Salad or relish  
Dessert  
Bread  
Butter  
Beverage

Making substitutions in the meal patterns or omitting items that are not in supply or suited to the activities of the crew is necessary. For example: the main dish for breakfast may be either potatoes, eggs, meat, french toast, fritters, or other dishes. The main dish could be a combination of eggs and meat; french toast and meat; or eggs, meat, and potatoes. Similarly, dishes in the dinner or supper meals may be omitted or replaced.

## **PUTTING PLAN INTO PRACTICE**

Food choices should be developed into actual meals based upon the requirements of a balanced diet, compliance with Navy Ration Law allowances, and by following Navy meal patterns. An example of a menu that uses these three guiding factors is given in the SAMPLE MENU CHECK SHEET, Table No. 3, page 9. Table

No. 3 may be used by menu planner beginners as a guide for writing menus that fulfill all the essential requirements.

## **TIPPING THE BALANCE SCALE**

The final touch for menu balance is making sure that there is bulk and water in the foods chosen from the four food groups. Both bulk and fluids are necessary for eliminating body wastes. Fruits, vegetables, and whole grain products will give the needed amount of bulk if these foods are included in the suggested amounts.

Also of vital importance is the amount of liquid included in each day's menu. About 7 to 8 cups of fluids are needed daily in the form of milk, fruit juices, coffee, tea, or any other beverage. The amount of water consumed by each man also counts toward the total recommended amount. Actually, most foods contain water and contribute to the total amount of liquids needed by the body. In hot dry climates a man may require more liquids, particularly if he is doing heavy physical work.

**TABLE**  
**DAILY MENU**

**Base Choices on Authorized Items Listed in**

Basic food plan group	Number of servings suggested	Food choices
I. Milk Group-----	Plan some for everyone-----	Milk  Cheese  Ice cream
II. Meat Group-----	Plan 2 or more-----	Beef, veal Lamb, pork Variety meats Fish, poultry Eggs
III. Vegetable-Fruit Group-	Plan a total of 4 or more. Any fruit or vegetable can count toward the 4 servings, but the selection should include: 1 GOOD source of Vita- min C or 2 FAIR sources of Vita- min C and 1 GOOD source of Vita- min A every other day.	All fruits and vegetables (fresh, canned, frozen, dried, dehydrated).  <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p><i>Vitamin C—Good Foods</i></p> <p>Grapefruit or grapefruit juice</p> <p>Orange or orange juice</p> <p>Cantaloup</p> <p>Mango, papaya, guava</p> <p>Broccoli</p> <p>Raw strawberries</p> <p>Green pepper, sweet pepper</p> <p><i>Vitamin A Foods</i></p> <p>Apricots, cantaloup</p> <p>Mango, persimmon</p> <p>Pumpkin</p> <p>Winter squash</p> <p>Broccoli</p> <p>Chard, collards, cress</p> <p>Kale, carrots, spinach</p> <p>Sweet potatoes</p> <p>Turnip greens and other dark green leaves</p> </div> <div style="width: 48%;"> <p><i>Vitamin C—Fair Foods</i></p> <p>Honeydew melon</p> <p>Tangerine or tangerine juice</p> <p>Watermelon</p> <p>Asparagus tips</p> <p>Brussels sprouts</p> <p>Raw cabbage</p> <p>Collards</p> <p>Tomatoes or tomato juice</p> <p>Turnip greens</p> <p>Kale</p> <p>Kohlrabi</p> <p>Mustard greens</p> <p>Spinach</p> <p>Potatoes, sweet potatoes</p> </div> </div>

## FOOD SELECTIONS

BuSandA Manual, Paragraphs 41101 and 82105

Equivalent, substitute, or alternate food choices	Remarks										
<p>Equivalent amounts of skim milk, dried milk, buttermilk, or evaporated milk.</p> <p>Cheese and ice cream can replace part of the milk:</p> <p>Cheddar cheese 1" cube = <math>\frac{3}{4}</math> cup of milk</p> <p>cottage cheese <math>\frac{1}{2}</math> cup = <math>\frac{1}{2}</math> cup of milk</p> <p>cream cheese 2 tablespoons = 1 tablespoon milk</p> <p>ice cream <math>\frac{1}{2}</math> cup = <math>\frac{1}{4}</math> cup milk</p>	<p>Recommended amounts are given in terms of fluid whole milk; 4 cups are suggested for men under 20, 2 cups for men over 20 years of age. The limited amounts of fresh, fluid milk available for afloat messes necessitates the liberal use of milk equivalents. Based on 1 cup (8 fluid ounces) of fresh milk, the following lists of milk foods will supply the recommended 2-cup and 4-cup levels:</p> <table> <tr> <th data-bbox="719 571 1010 595"><i>2-cup milk level</i></th><th data-bbox="1014 571 1323 595"><i>4-cup milk level</i></th></tr> <tr> <td data-bbox="719 600 1010 624">1 cup fluid whole milk</td><td data-bbox="1014 600 1323 624">1 cup fluid whole milk</td></tr> <tr> <td data-bbox="719 629 1010 653">1 inch cube Cheddar cheese</td><td data-bbox="1014 629 1323 653">2 inch cube of Cheddar cheese</td></tr> <tr> <td data-bbox="719 658 1010 681"><math>\frac{1}{2}</math> cup ice cream</td><td data-bbox="1014 658 1323 681">1 cup of ice cream</td></tr> <tr> <td data-bbox="719 687 1010 730">2 tablespoons dried milk (in cooked dishes)</td><td data-bbox="1014 687 1323 730">4 tablespoons dried milk (in cooked dishes)</td></tr> </table>	<i>2-cup milk level</i>	<i>4-cup milk level</i>	1 cup fluid whole milk	1 cup fluid whole milk	1 inch cube Cheddar cheese	2 inch cube of Cheddar cheese	$\frac{1}{2}$ cup ice cream	1 cup of ice cream	2 tablespoons dried milk (in cooked dishes)	4 tablespoons dried milk (in cooked dishes)
<i>2-cup milk level</i>	<i>4-cup milk level</i>										
1 cup fluid whole milk	1 cup fluid whole milk										
1 inch cube Cheddar cheese	2 inch cube of Cheddar cheese										
$\frac{1}{2}$ cup ice cream	1 cup of ice cream										
2 tablespoons dried milk (in cooked dishes)	4 tablespoons dried milk (in cooked dishes)										
<p>Alternate dry beans, peas, lentils, nuts or peanuts, or use as supplements with meat dishes such as frankfurters and luncheon meat.</p>	<p>Plan a meat or meat substitute every meal for effective body use of protein.</p>										
<p>Whole milk, cheese, ice cream, butter, eggs, and liver provide good substitutes for Vitamins A and C (if none of these vegetables and fruits are available).</p>	<p>Potatoes are valuable for many nutrients, particularly when cooked in jackets. Frequent servings add value to the diet.</p> <p style="text-align: center;">* * * * *</p> <p>Fruits and vegetables not included in the Vitamin A or Vitamin C Good or Fair list have amounts of other nutrients which help add to an adequate diet.</p>										

**TABLE**  
**DAILY MENU**

**Base choices on Authorized Items Listed in**

Basic food plan group	Number of servings suggested	Food choices
IV. Bread-Cereal Group---	Plan 4 or more-----	Whole grain, enriched, or restored breads and cereals Cornmeal Crackers Flour (used in cooking and baked goods) Grits Macaroni, noodles, and spaghetti Rice
PLUS: Other foods-----	-----	Butter, margarine, and other fats Oils Sugars Unenriched, refined grain products



**NO. 1—Continued**

**FOOD SELECTIONS—Continued**

**BuSandA Manual, Paragraphs 41101 and 82105—Continued**

Equivalent, substitute, or alternate food choices	Remarks
One serving cereal (or rice, cornmeal, grits, macaroni, noodles, or spaghetti) can be substituted for 2 servings (or slices) of bread.	The 4 servings include 3 servings of bread and 1 serving of cereal (includes rice, cornmeal, grits, macaroni, etc.). If no cereal is included, 5 servings of bread can be offered.
-----	These round out meals, satisfy the appetite, add variety to meals, and provide extra food energy.

**TABLE NO. 2**  
**MENU BALANCING MEASUREMENT SCALES**

Daily food guide groups and servings (per man per day)	Navy Ration Law allowances (per man per day)
<p>(1) <b>Milk Group.</b> (Some for everyone.)  <b>Recommended:</b>  Persons over 20 years—1 pint  Persons under 20 years—1 quart  (Any form of milk counts toward total. See DAILY MENU FOOD SELECTION CHART, Table No. 1.)</p>	<p><math>\frac{1}{2}</math> pint milk, fresh,* <i>or</i>  4 ounces milk, evaporated, <i>or</i>  1 ounce milk, powdered  <b>PLUS:</b>  <math>\frac{1}{2}</math> ounce cheese</p>
<p>(2) <b>Meat Group</b>  2 or more servings</p>	<p>12 ounces meat, preserved <i>or</i>  14 ounces meat, salt or smoked <i>or</i>  20 ounces meat, fresh, or fish or poultry  <b>PLUS:</b>  1.2 eggs</p>
<p>(3) <b>Vegetable—Fruit Group</b>  Plan a total of 4 or more servings.  Any fresh, frozen, canned, or dehydrated fruit or vegetable can count toward the 4 servings, but the selection should include:  1 GOOD Source of Vitamin C  or  2 FAIR Sources of Vitamin C  and  1 GOOD Source of Vitamin A (Every other Day)</p>	<p>12 ounces vegetables, dried <i>or</i>  18 ounces vegetables, canned <i>or</i>  44 ounces vegetables, fresh  <b>PLUS:</b>  4 ounces fruit, dried <i>or</i>  10 ounces fruit, canned <i>or</i>  6 ounces fruit, preserved <i>or</i>  16 ounces fruit, fresh <i>or</i>  6 ounces fruit or vegetable juices, canned, <i>or</i>  1 ounce fruit juice, powdered <i>or</i>  <math>\frac{1}{2}</math> ounce fruit juice, concentrated</p>
<p>(4) <b>Bread—Cereal Group</b>  4 or more servings</p>	<p>8 ounces biscuit, <i>or</i>  12 ounces bread, soft <i>or</i>  12 ounces flour  <b>PLUS:</b>  1.6 ounces cereals, rice, or starch foods</p>
<p><b>PLUS:</b>  Other foods  Enough to round out meals</p>	<p>1.6 ounces butter  2 ounces cocoa or coffee or <math>\frac{1}{2}</math> ounce tea  1.6 ounces lard or lard substitute  <math>\frac{1}{2}</math> gill oil, sauces, or vinegar  5 ounces sugar  <b>PLUS:</b> These foods, as required:  Baking powder      Salt  Soda                      Pickles  Flavoring extracts      Sirup  Mustard                  Spices  Pepper                    Yeast</p>

\*Navy Ration Law permits overissues of a ration component, if underissues of equal monetary value are made in another component.

TABLE NO. 3

## SAMPLE MENU CHECK SHEET

Based on Daily Food Guide, Navy Meal Patterns, & Navy Ration Law Allowances  
(x=whole servings --=partial servings)

Meal	Meal pattern	Food choice	Daily food guide check list				
			Group I Milk <sup>1</sup>	Group II Meat 2+ servings	Group III Fruits— Vegetables 4+ servings	Group IV Bread— Cereals 4+ servings	Other (as needed)
BREAK- FAST.	Fruit or juice	Orange juice			x (Vitamin C—good)		
	Cereal	Oatmeal				x	—
	Milk	Fresh milk	x				—
	Main dish	Scrambled eggs	—	x			—
	Breakfast pastry	Swedish tea ring	—			x	—
	Bread	Toast	—			x	—
	Butter	Butter					x
	Beverage	Cocoa	x				—
DINNER.---	Soup						
	Main dish	Roast pork		x			
	Gravy or sauce	Pork gravy					—
	Vegetable	Buttered broccoli			x (Vitamin A—good)		—
	Potatoes	Mashed potatoes	—		x		—
	Salad or relish	Cranberry relish			x		—
	Dessert	Apple pie w/Cheddar cheese wedge	x		x	x	—
	Bread	Cornbread	—			x	—
	Butter	Butter					x
	Beverage	Coffee (cream, sugar)	—				—
SUPPER.---	Soup	Cream of asparagus	—		x		—
	Main dish	Beef meat balls		x			—
	Gravy or sauce	Tomato gravy			x		—
	Potatoes	French fried potatoes			x		—
	Vegetable	Buttered carrots			x (Vitamin A—good)		—
	Salad or relish	Perfection salad			x		—
	Dessert	Maple nut ice cream	—				—
	Bread	Hot butter biscuits	—			x	—
	Butter	Butter					x
	Beverage	Milk	x				
TOTAL-----			<sup>1</sup> 4 + cups	3 serv- ings	10 servings	6 servings	

<sup>1</sup> The milk group servings suggested are: 2 cups for men over 20 and 4 cups for men under 20 years of age. This sample menu is planned to meet the 4-cup milk level. Servings counted include milk used in all forms—fluid, dry, evaporated—and cheese and ice cream.

## CHAPTER II: THE ART OF MENU PLANNING

### MENU PLANNING PRINCIPLES

#### Learning the Rules

#### THE MENU AN ARTISTIC PRODUCTION

A good menu is a creation and shows talent and imagination. The menu planner, like any artist, needs to keep the principles of good design in mind when creating meals. A pleasing combination of color, texture, and shape in foods, as in a painting, is based on well-founded principles. The rules or principles, once learned, become automatic with practice and experience in

planning menus.

#### ACHIEVING VARIETY IN MENUS

Variety plays an important role in the art and science of menu planning. The key to achieving variety is avoiding the sameness in foods selected for one meal or for several following meals. Varying food choices and the ways and means of serving food will unlock the door to menu balance and art. Consider carefully the fol-

lowing principles:

Vary the *ways* of serving the same food; AVOID MONOTONY.

PLAN THIS: Serve potatoes creamed, mashed, au gratin, french fried, baked.

NOT THIS: Serve potatoes the same way day after day.

Vary the *kinds* of the same food served; AVOID REPETITION.

PLAN THIS: Fruit, for example: Serve a different fruit each meal, such as, pineapple juice for breakfast, apple and celery salad for dinner, and peach pie for supper.

NOT THIS: Pineapple juice for breakfast, pineapple and cottage cheese for dinner, and pineapple pie for supper.

Vary the *color* of foods selected; AVOID SAMENESS.

PLAN THIS: A colorful meal: Golden browned meats, paprika buttered potatoes, dark green or yellow vegetables, red fruits.

NOT THIS: Creamed chicken, boiled potatoes, cauliflower.

Vary the *flavor* of foods chosen; AVOID ALL STRONG FLAVORED or ALL BLAND FOODS or ALL TART or ALL SWEET or ALL SPICY FOODS.

PLAN THIS: Roast fresh pork, mashed sweet potatoes, buttered broccoli, baked apples.

NOT THIS: Roast fresh pork, cauliflower, turnips, cabbage salad.

Vary the *shape and form* of foods selected; AVOID ALL SMALL-CUT PIECES or ALL ROUND.

PLAN THIS: Serve sliced meat, diced potatoes, and leaf spinach.

NOT THIS: Chili con carne, stewed tomatoes, creamed potatoes.

Vary the *texture* of foods chosen; AVOID ALL SOFT, ALL CHEWY, ALL DRY, or ALL MOIST.

PLAN THIS: Serve foods that are soft, chewy, crisp, and hard. For example: fried chicken, mashed potatoes, waldorf salad on lettuce leaf.

NOT THIS: Creamed chip beef, mashed potatoes, cottage cheese, egg custard.

Vary the *menus from week to week*; AVOID SERVING THE SAME MENU ON THE SAME DAY OF THE WEEK.

PLAN THIS: Roast beef on Sunday, fried chicken on the next Sunday.

NOT THIS: Roast beef on Sunday, roast beef the next Sunday.



## OBSERVING SEASONAL MENU CHANGES

The menu is seasonal in the sense that plans are altered to include the special food features of each season. The following principles need special consideration:

### IN ALL SEASONS

Use seasonal produce and procurement charts as guides in selection of appropriate seasonal foods (see BuSandA Manual, Volume IV and Volume VIII).

**PLAN THIS:** Use of local supplies of fruits, vegetables, and fish in home ports, ashore, or overseas ports offers a variety of choices. Foods in season have a higher quality, are cheaper, and better flavored. The use of both fresh and canned, frozen, and dehydrated foods. The varying appetites of crew members (some eat less in summer, more in winter). The temperature of foods served at mealtime. Serve *hot* foods *hot* and *cold* foods *cold* (some foods are more palatable served hot—but hot or cold, foods have the same function in the body).

**NOT THIS:** Plan meals with all canned, or all frozen, or all fresh items, exclusively. **ROTATE STOCKS OF EACH TYPE.**

### IN SPRING—SUMMER

**PLAN THIS:** Adjustment of Fall-Winter type of menus.

The following are some suggestions for altering meals to suit the season:

#### Breakfast

Melon, or fresh fruit in season  
Cold cereal (3 to 4 times weekly)  
*plus*  
Other dishes served in winter

#### Dinner-Supper

Soup (2-5 times weekly)  
Meat—Offer cold sliced meats more often  
Potatoes—For early-crop stocks, plan uses suited to firmer, less mealy texture (salads, creaming, hash browning)  
Salads—Use crisp, cold raw vegetables and fruits  
Desserts—Ice cream and fresh fruit  
Beverages—Use some cold drinks

**NOT THIS:** Cream puddings, cream pies, cream soups, creamed poultry dishes or other dishes with a combination of eggs and milk. (THESE PROMOTE FOOD-BORNE ILLNESSES IF MISHANDLED OR IMPROPERLY REFRIGERATED, PARTICULARLY IN HOT WEATHER.)

### IN FALL—WINTER

**PLAN THIS:** Adjustment of Spring-Summer meal patterns.

The following are some suggestions for altering meals to suit the season:

#### Breakfast

Citrus fruit or canned fruit, frozen fruit or juice  
Hot cereal every day  
*plus*  
Other dishes served in summer

#### Dinner-Supper

Soup—Once a day (at either meal)  
Meat—Offer hot meats more often  
Potatoes—Plan a variety of uses suited to the quality of late-crop potatoes (baking, french frying)  
Vegetables—Frozen, canned—main source of supply  
Salads—Materials more limited but still wide choice available  
Beverages—Hot coffee, cocoa favorites

**NOT THIS:** Expensive, hard-to-find fresh vegetables and fruits.

## **ADJUSTING MEALS FOR CLIMATE**

Consider the environment, temperature, and climate of different Navy activities. There is great variation in climatic conditions under which Navy ships and shore stations operate. Menu plans should be made with an eye to the weather.

### **IN ALL CLIMATES**

Plan menus which will furnish every man with sufficient food for his needs.

### **IN COLD CLIMATES**

In the Arctic, in northern seas, and in winter at northern shore stations in the United States.

**PLAN THIS:** Menus rich in energy value for men spending the majority of their time outside in the open, on strenuous jobs. Use cream pies, iced cakes, fried foods, breads, breakfast pastries, butter, cereals, macaroni, rice, cream soups, vegetables, salad oils, gravy, sirups, ice cream, cheese, whipping cream, nuts, peanut butter, and other foods. Also include meats, dried beans, eggs, and other protein foods furnishing energy.

**NOT THIS:** Increased amounts of energy-rich foods in menus for men who work in heated buildings most of the time.

### **IN HOT CLIMATES**

In the Tropics, southern seas, and at southern shore stations in summer in the United States.

**PLAN THIS:** Menus which are a combination of both heavy and light meals, *EXCEPT* for men who work in heat or who are exposed to the sun for long hours. For these men, choose lean beef, poultry, veal. Use a variety of beverages, including fruit juices. When seasonally available, use tropical or native fruits and vegetables approved for general mess.

**NOT THIS:** Plan menus which are heavy and rich for men who must work in heat. Do not underestimate the basic energy needs of the men. **EVEN IN HOT CLIMATES, FOOD NEEDS MUST BE MET.**

## **PLANNING FOR POPULAR FOODS**

Plan for the likes and dislikes of the crew. Food attitudes and "senses" vary among different people, but it is possible to plan meals which include the dishes most liked and best accepted. Poor acceptance means waste. Even popular foods may become monotonous if served too often. Items like hamburgers or french fries, for example, need spacing on the menu. Use of favorite foods and the less popular ones in the same meal is wise. Eventually, attitudes toward the less popular foods may change.

**PLAN THIS:** Find out which foods are preferred. One way to learn the popular foods is to keep a systematic check on the trays returning to the scullery after each meal. Observe plate waste. Keep a record of the food most often left uneaten. Find out how many men come from different regions of the United States. Definite food tastes and ways of cooking are found in the South, the West, the North, the East, and also in Southwest, North Central, and Northeast parts of the country. Menus should include meals with all or some food items centered around different regional styles. For example, occasionally plan:

A Bostonian's idea of a good meal, such as A New England Boiled Dinner.

A native of New Orleans' idea of a good meal, such as Creole Shrimp and Rice.

A Texan's idea of a good meal, such as Barbecued Chicken and Black-eyed Peas.

A Georgian's idea of a good meal, such as Fried Ham and Hominy Grits.

Also try many others.

Find out how many men come from different nationality groups in the United States or foreign countries. Food customs of such groups as Italians, Spanish, German, French, Far-Middle and Near-Eastern, as well as many other groups, are carried into the Navy when a man enters the service. Food habits are not easily changed. Including a native dish in the menu now and then brings a touch of home into the mess. Many native dishes are included in the Navy Recipe Service.

**NOT THIS:** Cater to food fads and special eating habits of the crew.

A warning to the menu planner: The food attitude of each individual who plans meals for others is sometimes unconsciously written into menus. This can be a strong, positive obstacle to achieving artistic and balanced meals. Learn to recognize a balanced and varied diet. Do not allow personal food prejudices to influence food choices.

### **KNOWING THE NAVY RECIPES**

The Navy Recipe Service file and the menu planner should become inseparable companions. This file, containing over 700 recipes and printed on 5 x 8 cards, has been especially designed to fit Navy food needs. The Navy Recipe Service contains all the old and new favorite dishes of the crew. These recipes have been pretested in Navy test galleys, as well as aboard ship, and reviewed by the Food Service Advisory Committee of the National Security Industrial Association. Revisions to the file provide recipes that are consistent with current supplies and use. These established and standard recipes will insure high quality food if good preparation techniques are used. The Navy Recipe Service is essential to planning; designed for 100-portion yields, it is an easy-to-use guide for making substitutions in ingredients or adjusting food quantities needed at a particular time. See ADJUSTING NAVY RECIPES, Table 5, in Chapter III for information on revised quantities. Above all, food cost control is managed more easily if standard amounts of ingredients are always used.

**PLAN THIS:** Use of the Navy Recipe Service file in every stage of planning menus. **AVOID MENU DOLDRUMS.** Get acquainted with the different sections of the file. Be adventurous and try out different recipes from time to time. Keep a record or an index of those currently used and revise it periodically.

**NOT THIS:** Rely on the same recipes week after week, with the exception of basic menu items like bread, coffee, or other tried and true stand-bys.

### **ACKNOWLEDGING SPECIAL DAYS, HOLIDAYS, RELIGIOUS DAYS**

Special meals in either afloat or ashore messes provide opportunities for festivity among the crew. A well-planned, special meal adds interest and enthusiasm among cooks and crew and builds morale. Fast days and Fridays offer a chance to serve a fish item or a meat substitute, such as macaroni and cheese, as a choice or alternate to the meat main dish. These foods are popular with some of the men and are welcome additions to the menu. Consult the local chaplain for information on special religious days and cooperate by including dishes in the menu which are in accord with his suggestions. For a handy reference, a Holiday and Special Occasions Calendar is included in APPENDIX B.

### **A FINAL TOUCH**

The last principle on which to conclude the artistic aspects of menu planning is the **EYE APPEAL** that is created by the menu. The serving of foods in the most attractive, pleasing fashion possible is not only desirable from the artistic standpoint, but smart from the health and cost angles. Enticing colors stimulate appetites and the digestion of foods. Costwise, good food acceptance means less plate waste and leftovers to account for in planning for the next round of meals.

# CHAPTER III: THE MANAGEMENT AND LOGISTIC REQUIREMENTS OF MENU PLANNING

## FOOD PRODUCTION—SUPPLIES—EQUIPMENT—PERSONNEL

Skillful menu planning is based upon scientific knowledge and, also, is an art. Chapters I and II discussed the scientific and artistic considerations of menu planning. Both aspects must be projected into practical menu plans. The Navy menu planner needs to be alert to the management and logistic requirements of each food operation. This alertness helps to shape workable menus.

### **MENU PLANS THAT WORK**

A menu that is practical:

1. can be prepared with and make efficient use of available *food production* and *food service equipment*;
2. distributes galley *workload* evenly and efficiently among personnel, avoids production peaks and lags;
3. permits use of *food items* within a normal shelf life period at a rate which prevents inventory imbalances;
4. includes perishable and nonperishable food items properly related to *replenishment schedules*;
5. keeps *food costs* within justifiable limitations and prescribed monetary allowances;
6. adapts to space-saving foods, as needed, to meet *fleet endurance levels* for subsistence stocks.

Many of the internal operations and the general readiness of the ship are affected by the menu. The Navy menu planner frequently will be required to discuss these factors with commissary, supply, or commanding officers.

Keys for measuring up to criteria for practical menus are summarized in the CRITERIA FOR EFFICIENT MENU PLANNING, Table 4. The key factor "provisions" in Table 4 has one of the most important places in planning Navy meals. The subsistence requirements, that is, the kinds and quantities of foods, must be accurately estimated by the menu planner so that meals can actually be served from available supplies and within prescribed allowances. The quantities of foods given in the recipes in the Navy Recipe Service are a good basis for estimating these requirements. ADJUSTING NAVY RECIPES, Table 5, illustrates the use of the 100-portion recipes in estimating the quantities of foods needed for preparing meals and for requisitioning supplies.



**TABLE 4**  
**CRITERIA FOR EFFICIENT MENU PLANNING**

Key factors	Goals	Records	Control measures for menu planners to use
Provisions.....	Stock balance.....	Current stock inventory.	Review inventory lists. Plan a calendar of stock rotation to determine how often certain slow-moving items must be served to avoid overage stocks. Incorporate this plan into weekly menus, revising as needed.
Replenishment ..	Fleet Endurance— Subsistence readiness.	Records of inventory and due-in supplies.	Make a long-range plan of requisitions, showing cycle periods of supplies. Divide cycle into quarters. Plan menus to include early use of highly perishable items. Level off with hardy perishables such as cabbage, carrots, etc. Include ration-dense items (dehydrates, concentrates, and others) as needed. Plan regularly for a variety of space-saving foods.
Equipment.....	Maximum use.....	Galley work sheet and equipment capacities.	Consider a plan with food production and service capacities in mind. Stagger baked items (breads, baked desserts, vegetable casseroles) by days or alternate by meals. Grilled items and foods cooked in steam-jacketed and frying kettles should be carefully spaced in planning meals.
Personnel.....	Effective utilization of commissary training.	Scheduled work loads..	Plan meals considering the personnel capabilities, the possible standards of work that can be expected, and the volume of food to be produced. Feature items that are the cook's specialty.
Food Cost Control.	Compliance with ration allowances (monetary or quantitative).	Adequate cost records..	Records of weekly menu costs give important clues to items costing a great portion of ration allowances. Keep price data current and adjust the menu plan accordingly. A record of meal attendance and on board complement is another important aid in costing the menu. Keep abreast of all periodic allowance changes affecting the general mess.

**TABLE 5**  
**ADJUSTING NAVY RECIPES**  
**SAMPLE RECIPE**  
**SALISBURY STEAK**

J. MEAT No. 29  
Issue 3

YIELD: 100 Patties or 100 Portions			EACH PORTION: 5 Ounces			
INGREDIENTS	WEIGHTS	MEASURES	PORTIONS			METHOD
			35	75	125	
Bread, dry, sliced, broken	4 lb.....	2 1/4 gal.....	1.4 lb	3 lb	5 lb	1. Soften bread with water and press out excess water. Place in mixer bowl. Mix thoroughly.
Onion, chopped...	3 lb.....	2 1/4 qt.....	3 cup	2 1/4 lb	3 3/4 lb	2. Add chopped onions, seasoning, catsup, milk and ground meat. Mix thoroughly, but do not overmix.  3. Shape into 7 ounce oval patties.  4. Place close together on a greased baking sheet. Brush tops with melted shortening.  5. Bake (450°F.) 10 minutes, then reduce heat (325°F.) for 30 minutes or until done.
Salt.....	6 oz.....	3/4 cup.....	1/4 cup	1/2 cup	1 cup	
Pepper.....	1/4 oz.....	1 tbsp.....	1 tsp	2 1/4 tsp	1 1/4 tbsp	
Catsup.....		1 1/2 qt.....	2 cup	4 1/2 cup	1 3/4 qt	
Milk, evaporated.....		1 qt.....	1 1/3 cup	3 cup	1 1/4 qt	
Beef, ground.....	3 1 lb.....	3 3/4 gal.....	10.8 lb	23.25 lb	36.75 lb	

In column marked "Portions", the required quantity can be recorded for future use (quantities are for 35, 75, and 125 persons).

**To Obtain Number of Servings (or Portions) Needed**

1. Multiply the amounts of each ingredient in the recipe by a factor which stands for the number of servings needed.
2. To obtain the factor, follow this formula:

$$\frac{\text{Number of Servings Needed}}{100} = \text{factor to use}$$

For example:

To Adjust the recipe for 250 persons.

$$\frac{250}{100} = 2.5$$

Multiply each ingredient by this factor:

Bread, dry, sliced: 4 lbs.  $\times 2.5 = 10.0$  lbs.  
(etc. down the list of ingredients)

Another Example:

To Adjust the recipe for 75 persons.

$$\frac{75}{100} = .75$$

Multiply each ingredient by this factor:

Bread, dry, sliced: 4 lbs  $\times 0.75 = 3.0$  lbs.  
(etc. down the list of ingredients)

NOTE: Use whole numbers instead of fractions and convert weights and measures to common units before multiplying.

# CHAPTER IV: METHODS OF DRAFTING MENUS

## TOOLS FOR NAVY MENU PLANNERS

### Desk References

### Drafting Sheets

### Steps in Menu Construction

To do the best possible job in menu drafting, the Navy menu planner needs a good working atmosphere in which to concentrate. Concentration gives way to ideas that reflect the food preferences and appetites of fellow crew members. In addition, a menu planner needs at hand a few sources of information.

The following tools are essential aids to writing a good menu plan:

### DESK REFERENCES

1. PREVIOUS MENUS. Study menu plans used earlier; this will eliminate undesirable repetition and sameness in the menu plan that follows.

2. NAVY FOOD SERVICE. In a first assignment on writing a menu, the menu planner should rely upon authoritative and reliable sources to guide food choices for Navy meals. A beginner can profit measurably by following the suggested professionally planned menus in the Navy Food Service. The articles and menu notes in each issue will keep the Navy menu planner informed on matters that affect Navy meals.

3. PLANNING NAVY MEALS. Review of planning "know-how" improves the skill of experienced, as well as inexperienced, personnel. Additional recommended references are included in the APPENDIX D.

4. THE NAVY RECIPE SERVICE. Keep the Navy Recipe Service file in full view. Refer to the index in each section of the file for listings of recipe numbers and refer to recipes. Read the individual recipes to become acquainted with the ingredients contained in different dishes.

5. BUSANDA MANUAL, VOL. IV or VOL. VIII. Check food items against the list of items authorized for use in the general mess. Comply with the regulations applying to the size and type of mess for which the menu is being planned. Also, follow the procedures or regulations in the BuSandA Manual which apply to the menu.

6. FEDERAL SUPPLY CATALOG, DEPARTMENT OF DEFENSE SECTION, FSC GROUP 89, SUBSISTENCE, PARTS I AND II. Frequent use of the Federal Supply Catalog is recommended for descriptive information of importance. When planning for use of various foods, it is wise to check the Catalog to determine if the exact item needed is in Navy stocks. These items are marked "AS" or "N" in the column headed "Using Service Symbol" in the Catalog. Maintain the menu planner's desk copy of the Catalog up-to-date. Navy subsistence items listed in the Catalog change periodically. Supplements are issued which indicate changes that have been made since the original publication; these changes should be recorded and plans altered accordingly.

### WAYS TO DRAFT MENUS

The method used in drafting menus has much to do with the finished plan that is signed, sealed, and delivered to the crew. Careful work in the first pencil drafting helps to avoid later mistakes in typing and proofing. A slow, accurate beginning in the original draft will form habits that later will pay dividends in the galley.

Adopting a way to proceed with the task should come about only after several trial methods. There is no single right way and no definite sequence of steps to be followed by all menu planners. Most meals are planned around the meat main dishes, and other food items are planned to compliment the main dish. A long range meat requisition plan will serve as a good reminder to menu planners. Fre-

quency cycles of meat should be planned so that the percentages of roasts, steaks, chops, and diced and ground boneless beef to be used will agree with the packaged amounts stocked afloat. For ashore messes, uses of carcass beef also should be carefully planned so that efficient use is made of all cuts. For information on percentage yield of carcass cuts and boneless beef see BuSandA Manual, Volumes IV and VIII. Fish, poultry, veal, and pork meat frequencies can be similarly planned.

## STEPS IN MENU CONSTRUCTION

Menus can be drafted as far in advance as is practical. Begin with a week's plan; continue for two weeks or a month. A suggested method for proceeding is in the Illustrated Steps in Menu Construction, Table 6. The method used is one that has proved most convenient for professional menu planners and is a large sheet, measuring about 14" x 22", ruled off in a format similar to ILLUSTRATED STEPS IN MENU CONSTRUCTION, Table 6.

### EACH STEP IN THE PLAN FOLLOWS ACROSS THE SHEET HORIZONTALLY

Step I. Main dishes, gravies, sauces, and accompaniments

Step II. Potatoes, potato substitutes, and vegetables

Step III. Salads and dressings

Step IV. Breakfast fruits and cereals

Step V. Desserts

Step VI. Breads, spreads, and breakfast pastries

Step VII. Soups and beverages

NOTE: Any SPECIAL HOLIDAY MEALS occurring during the menu planning week should be drafted before any other meal so that extra costs can be figured and other meals adjusted accordingly. (See Appendix B for a calendar of Special Holidays.)

## FINAL FORM

The mechanics of constructing the menu are finished when the pencil draft has been carefully checked and edited for accurate recipe numbers as well as correct title. Compliance with good scientific and artistic principles should also be noted. The pencil draft for typing should list menu items in proper sequence. A good rule-of-thumb to remember is that foods in the menu are listed in the order usually eaten in a meal. Accompaniments to menu items should be included alongside or directly underneath.

### Breakfast

Fruit or juice  
Cereal—milk  
Main dishes  
Breakfast pastry  
Bread—butter  
Jam—jelly  
Beverages

### Lunch or Dinner

Soup—crackers  
Main dish—gravy  
Potatoes  
Vegetable  
Salad—dressing  
Bread  
Dessert  
Beverages

A neat, typed menu on the General Mess Menu (NavSandA Form 1080) (Rev. 1-58) signed by the commanding officer and the commissary officer submitting it then becomes a vital document, important to many functions of the command and to the daily life of the men aboard. Post a copy of the menu in the galley, issue room, meat cutting room, bake shop, vegetable preparation spaces, and supply office.

PLAN A GOOD MENU—and may it serve you well.

**Table No. 6**  
**Illustrated Steps in Menu Planning**

MONDAY		RECIPE
BREAKFAST		
	Hot corn fritters	(Q27) B
	w/maple sirup	
	Crisp broiled bacon	(S26)
DINNER		Pot r
		Brown
	Chili con carne	(J4)
SUPPER	Hot seafood platter of:	
	Fried scallops	(H10)
	Fried perch fillets	(H10) Barbecued spar
	Fried cod fillets	(H10)
	Tartar sauce	(S5)

Step I. Main Dishes, Gravies, Sauces, and Accompaniment



	MONDAY		TUESDAY	
	RECIPE		REC	
BREAKFAST				
	Hot corn fritters	(Q27)	Baked beef hash	(J37)
	w/maple sirup		w/catsup	Baked
	Crisp broiled bacon	(S26)		
DINNER			Pot roast of beef	(J15)
			Brown beef gravy	(O15)
	Chili con carne	(J4)	Buttered noodles	(E2)
	served over steamed rice	(E1)	New Orleans vegetable stew	(Q78)
				Cold sliced bak
				Sliced swiss che
				Cottage fried po
				Buttered green be
SUPPER	Hot seafood platter of:			Braised beef steak
	Fried scallops	(H10)		Brown beef gravy
	Fried perch fillets	(H10)	Barbecued spareribs	(J3)
	Fried cod fillets	(H10)	Parsley buttered potatoes	(Q89)
	Tartar sauce	(S5)	Simmered sauerkraut (cn)	
	Potato chips			
	Hot or chilled tomatoes (cn)			

## Step II. Potatoes, Potato Substitutes, and Vegetables

	MONDAY	RECIPE	TUESDAY	RECIPE	WEDNESDAY	RECIPE
BREAKFAST						
	Hot corn fritters	(Q27)	Baked beef hash	(J37)	Scrambled eggs	(F12)
	w/maple sirup		w/catsup		Baked pork sausage patties	
	Crisp broiled bacon	(S26)				
DINNER			Pot roast of beef	(J15)		Fried chicken
			Brown beef gravy	(O15)		
	Chili con carne	(J4)	Buttered noodles	(E2)	Cold sliced baked ham	Giblet gravy
	served over steamed rice	(E1)	New Orleans vegetable stew	(Q78)	Sliced swiss cheese	Mashed potatoes
	Tossed vegetable salad	(M50)	Shredded lettuce		Cottage fried potatoes	(Q70) Buttered peas
	w/garlic french dressing	(M2)	w/amara mayonnaise	(M37)	Buttered green beans (F)	(Q48) Chilled cranberry
					Carrot combination salad	(M44) Sweet pickles
					w/piquante dressing	(M33)
SUPER	Hot seafood platter of:				Braised beef steak	(J7)
	Fried scallops	(H10)			Brown beef gravy	(O15)
	Fried perch fillets	(H10)	Barbecued spareribs	(J3)	Duchess potatoes (dehyd)	(Q82) Parmesan veal cubes
	Fried cod fillets	(H10)	Parsley buttered potatoes	(Q89)	French fried onions	(Q20) w/tomato sauce
	Tartar sauce	(S5)	Simmered sauerkraut (cn)		Molded spring salad	(M60) Baked potatoes in jacket
	Potato chips		Cottage cheese salad	(M47)	on lettuce, with salad	w/butter
	Hot or chilled tomatoes (cn)		on lettuce		dressing	Buttered whole kernel corn
	Carrot sticks					Lettuce wedge w/thousand
	Assorted olives					island dressing

### Step III. Salads and Dressings

	MONDAY	RECIPE	TUESDAY	RECIPE	WEDNESDAY	RECIPE	THURSDAY	RECIPE
BREAKFAST	Chilled pears (cn)		Chilled orange juice (F)		Chilled stewed prunes (cn)		Chilled sliced oranges	
	Assorted Ready-to-eat Cereal or oatmeal	(E3)	Assorted Ready-to-eat Cereal or rolled wheat cereal	(E3)	Assorted Ready-to-eat Cereal or farina	(E3)	Assorted Ready-to-eat Cereal or whole wheat meal	(E3)
	Hot corn fritters	(Q27)	Baked beef hash	(J37)	Scrambled eggs	(F12)	Lyonnaise potatoes	(Q11)
	w/maple syrup		w/catsup		Baked pork sausage patties		Grilled luncheon meat	
	Crisp broiled bacon	(S26)						
DINNER			Pot roast of beef	(J15)			Fried chicken, Maryland style	(14)
			Brown beef gravy	(O15)				
	Chili con carne	(J4)	Buttered noodles	(E2)	Cold sliced baked ham		Giblet gravy	(S4)
	served over steamed rice	(E1)	New Orleans vegetable stew	(Q78)	Sliced swiss cheese		Mashed potatoes	(Q40)
	Tossed vegetable salad	(M50)	Shredded lettuce		Cottage fried potatoes	(Q70)	Buttered peas (F)	(Q67)
	w/garlic french dressing	(M2)	w/sauza mayonnaise	(M37)	Buttered green beans (F)	(Q48)	Chilled cranberry sauce (cn)	
					Carrot combination salad	(M44)	Sweet pickles	
					w/piquante dressing	(M33)		
SUPPER	Hot seafood platter of:				Braised beef steak	(J7)		Grilled pork chops
	Fried scallops	(M10)			Brown beef gravy	(O15)		Home fried potatoes
	Fried perch fillets	(M10)	Barbecued spareribs	(J3)	Duchess potatoes (dehyd)	(Q82)	Parmesan veal cubes	Buttered brussels sprouts(F)
	Fried cod fillets	(M10)	Paralely buttered potatoes	(Q89)	French fried onions	(Q20)	w/tomato sauce	(O19)
	Tartar sauce	(S5)	Simmered sauerkraut (cn)		Molded spring salad	(M60)	Baked potatoes in jackets, w/butter	Butterice salad
	Potato chips		Cottage cheese salad on lettuce	(M47)	on lettuce w/salad dressing		Buttered whole kernel corn (cn)	(Q61)
	Hot or chilled tomatoes (cn)						Lettuce wedge w/thousand island dressing	(M41)
	Carrot sticks							
	Assorted olives							

#### Step IV. Breakfast Fruits and Cereals

	MONDAY	RECIPE	TUESDAY	RECIPE	WEDNESDAY	RECIPE	THURSDAY	RECIPE	FRIDAY	RECIPE
BREAKFAST	Chilled pears (cn)		Chilled orange juice (F)		Chilled stewed prunes (cn)		Chilled sliced oranges		Chilled sweet cherries (cn)	
	Assorted Ready-to-eat Cereal		Assorted Ready-to-eat Cereal		Assorted Ready-to-eat Cereal		Assorted Ready-to-eat Cereal		Assorted Ready-to-eat Cereal	
	or oatmeal	(E3)	or rolled wheat cereal	(E3)	or farina	(E3)	or whole wheat meal	(E3)	or farina	(E3)
	Hot corn fritters	(Q27)	Baked beef hash	(J37)	Scrambled eggs	(F12)	Lyonnaise potatoes	(Q11)	Fried eggs, to-order	(F18)
	w/maple sirup		w/catsup		Baked pork sausage patties		Grilled luncheon meat		Crisp broiled bacon	(S26)
	Crisp broiled bacon	(S26)								

## Step V. Desserts



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST	Chilled pears (m)	Chilled orange juice (P)	Chilled stewed prunes (m)	Chilled sliced oranges	Chilled sweet cherries (m)	Ripe whole banana	Chilled <del>fruit</del> <del>fruit</del> <del>fruit</del>	
	Assorted Ready-to-eat Cereal or oatmeal	Assorted Ready-to-eat Cereal or rolled wheat cereal	Assorted Ready-to-eat Cereal or farina	Assorted Ready-to-eat Cereal or whole wheat meal	Assorted Ready-to-eat Cereal or farina	Assorted Ready-to-eat Cereal or oatmeal	Assorted Ready-to-eat Cereal or hot cornmeal	
	Hot corn fritters	Baked beef hash	Scrambled eggs	Lyonnaise potatoes	Fried eggs, to-order	Spanish omelet	Hot griddle cakes	
DINNER	w/maple syrup	w/catsup	Baked pork sausage patties	Grilled luncheon meat	Crisp broiled bacon	Load doubleleaf rolls	w/maple sirup	
	Crisp broiled bacon	Swedish tea rings	Sugared crullers	Load cinnamon buns			Baked pork sausage links	
							Hot toast - butter	
	Hot toast - butter	Hot toast - butter	Hot toast - butter	Hot toast - butter	Hot toast - butter	Hot toast - butter	Hot toast - butter	
SUPPER	Jan				Jan		Jelly	
		Pot roast of beef		Fried chicken, Maryland style			Baked ham, Virginia style	
		Brown beef gravy					Horseradish	
	Chili con carne	Buttered noodles	Cold sliced baked ham	Giblet gravy	Baked flounder fillets	Grilled cheeseburgers	Mashed sweet potatoes (m)	
	served over steamed rice	New Orleans vegetable stew	Sliced Swiss cheese	Mashed potatoes	w/lemon butter sauce or	w/raw onion slices	w/marshmallows	
	Tomato vegetable salad	Shredded lettuce	Cottage fried potatoes	Buttered peas (P)	Baked ham loaf	French fried potatoes	Buttered green beans (P)	
	w/gerlie french dressing	w/mayo mayonnaise	Buttered cranberry sauce (m)	Mustard	Parsleyed potatoes	w/celery leaf garnish	Bill pickle slices	
			Carrot combination salad	Sweet pickles	Lyonnaise fresh carrots	Hamburger buns		
			w/piquante dressing	(M3)	Chef's salad	w/salad dressing		
	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	
	Butter	Butter	Butter	Butter	Butter	Butter	Butter	
	Coffee ice cream	Peanut butter cake	Apricot pie	Devil's food cake	Load fruit bars	Pineapple ice cream	Coconut cake	
	Vanilla wafers	w/bitterweet frosting		w/vanilla cream icing		Chocolate druse		
	Hot seafood platter of:		Roasted beef steak		Grilled pork chops		Roasted beef liver or	
	Fried scallops		Brown beef gravy		Home fried potatoes		Grilled frankfurters	
	Fried perch fillets	Buttered asparagus	Duchess potatoes (dubed)	Farmhouse veal cubes	Buttered brussels sprouts (P)	Scalloped potatoes	Chicken and rice casserole	
	Fried cod fillets	Parsley buttered potatoes	French fried onions	w/tomato sauce	Heatrice salad	Buttered baby lima (P)	Buttered broccoli (P)	
	Tartar sauce	Simmered sauerkraut (m)	Molded spring salad	Baked potatoes in jackets, w/butter	w/french dressing	Old fashioned lettuce salad	Fruit salad	
	Potato chips	Cottage cheese salad on lettuce		Buttered whole kernel corn (m)	Hot biscuits		w/fruit salad dressing	
	Hot or chilled tomatoes (m)			Lettuce wedge w/thousand			Hot sausage seed rolls	
	Assorted olives			Island dressing				
	Hot baked house rolls			Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	
	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	
	Butter	Butter	Butter	Butter	Butter	Butter	Butter	
	Lemon meringue pie	Chilled pineapple slices (m)	Hot gingerbread squares	Hot caramel sundae	Hot apple (dubed) pie	Strawberry (P) shortcake	Minicream pie	
		Raisin cookies	w/hard sauce			w/whipped cream	Blueberry pie	

## Step VI. Breads, Spreads, and Breakfast Pastries

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST	Chilled pears (m)	Chilled orange juice (P)	Chilled stewed prunes (m)	Chilled sliced oranges	Chilled sweet cherries (m)	Ripe whole banana	Chilled <del>fruit</del> <del>fruit</del> <del>fruit</del>	
	Assorted Ready-to-eat Cereal or oatmeal	Assorted Ready-to-eat Cereal or rolled wheat cereal	Assorted Ready-to-eat Cereal or farina	Assorted Ready-to-eat Cereal or whole wheat meal	Assorted Ready-to-eat Cereal or farina	Assorted Ready-to-eat Cereal or oatmeal	Assorted Ready-to-eat Cereal or hot cornmeal	
	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk	
DINNER	Hot corn fritters	Baked beef hash	Scrambled eggs	Lyonnaise potatoes	Fried eggs, to-order	Spanish omelet	Hot griddle cakes	
	w/maple sirup	w/catsup	Baked pork sausage patties	Grilled luncheon meat	Crisp broiled bacon	Load doubleleaf rolls	w/maple sirup	
	Crisp broiled bacon	Swedish tea rings	Sugared crullers	Load cinnamon buns			Baked pork sausage links	
							Hot toast - butter	
SUPPER	Hot toast - butter	Hot toast - butter	Hot toast - butter	Hot toast - butter	Hot toast - butter	Hot toast - butter	Hot toast - butter	
	Jan				Jan		Jelly	
	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	
	Cream of celery soup	Pot roast of beef	Vegetable soup	Fried chicken, Maryland style	Tomato bouillon	Beef barley soup	Baked ham, Virginia style	
	Crackers	Brown beef gravy	Crackers		Rye cheese sticks	Croissants	Horseradish	
	Chili con carne	Buttered noodles	Cold sliced baked ham	Giblet gravy	Baked flounder fillets	Grilled cheeseburgers	Mashed sweet potatoes (m)	
	served over steamed rice	New Orleans vegetable stew	Sliced Swiss cheese	Mashed potatoes	w/lemon butter sauce or	w/raw onion slices	w/marshmallows	
	Tomato vegetable salad	Shredded lettuce	Cottage fried potatoes	Buttered peas (P)	Baked ham loaf	French fried potatoes	Buttered green beans (P)	
	w/gerlie french dressing	w/mayo mayonnaise	Buttered cranberry sauce (m)	Mustard	Parsleyed potatoes	w/celery leaf garnish	Bill pickle slices	
			Carrot combination salad	Sweet pickles	Lyonnaise fresh carrots	Hamburger buns		
			w/piquante dressing	(M3)	Chef's salad	w/salad dressing		
	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	
	Butter	Butter	Butter	Butter	Butter	Butter	Butter	
	Coffee ice cream	Peanut butter cake	Apricot pie	Devil's food cake	Load fruit bars	Pineapple ice cream	Coconut cake	
	Vanilla wafers	w/bitterweet frosting		w/vanilla cream icing		Chocolate druse		
	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - hot cocoa	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	
	Hot seafood platter of:	Beef julienne soup	Roasted beef steak	Chicken noodle soup	Grilled pork chops	Roasted beef liver or	Hongole soup	
	Fried scallops	Toast sticks	Brown beef gravy		Home fried potatoes		Crackers	
	Fried perch fillets	Buttered asparagus	Duchess potatoes (dubed)	Farmhouse veal cubes	Buttered brussels sprouts (P)	Scalloped potatoes	Chicken and rice casserole	
	Fried cod fillets	Parsley buttered potatoes	French fried onions	w/tomato sauce	Heatrice salad	Buttered baby lima (P)	Buttered broccoli (P)	
	Tartar sauce	Simmered sauerkraut (m)	Molded spring salad	Baked potatoes in jackets, w/butter	w/french dressing	Old fashioned lettuce salad	Fruit salad	
	Potato chips	Cottage cheese salad on lettuce		Buttered whole kernel corn (m)	Hot biscuits		w/fruit salad dressing	
	Hot or chilled tomatoes (m)			Lettuce wedge w/thousand			Hot sausage seed rolls	
	Assorted olives			Island dressing				
	Hot baked house rolls			Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	
	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	Assorted Breads	
	Butter	Butter	Butter	Butter	Butter	Butter	Butter	
	Lemon meringue pie	Chilled pineapple slices (m)	Hot gingerbread squares	Hot caramel sundae	Hot apple (dubed) pie	Strawberry (P) shortcake	Minicream pie	
		Raisin cookies	w/hard sauce			w/whipped cream	Blueberry pie	
	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	Coffee - Tea - Milk	

## Step VII. Soups and Beverages





# APPENDIX A

## (Sample Summer Menu)

NAVY S. AND A. 1000 (1-50)

### GENERAL MESS MENU

NAVY FOOD SERVICE (Suggested Menu)		14 July 1958
BREAKFAST	DINNER	SUPPER
14 MONDAY Chilled ripe whole pear Assorted ready-to-eat cereal Fresh milk Fried eggs, to-order (F18) Lyonnaise potatoes (Q11) Iced chain twists (Q6)(1)(2) (T10) Hot toast - butter Coffee	Chicken noodle soup (F10) Crackers Sauerbraten beef chunks in natural juices (J30) Hot german potato griddle cakes (C35) * Glazed fresh carrots (Q21) Green onions Assorted olives Assorted breads (C7)(C8)(C9) Butter Chewy nut bars (D50) Coffee - iced tea (S10) - hot cocoa (B4)	Chicken friacassee (L1) Dumplings (C15) Buttered kale (F)(Q62) Fruit salad (S21) w/fruit french dressing (M19) Assorted breads (C7)(C8)(C9) Butter Marble cake (D4)(D5) w/marshmallow frosting (I27) Coffee - hot tea
15 TUESDAY Chilled stewed prunes (on) Assorted ready-to-eat cereal or hot cornmeal (E3) Fresh milk Hot french toast (F15) w/smaple sirup Crisp broiled bacon (S26) Hot toast - butter Jam Coffee	Baked beef loaf (J1) Brown beef gravy (O15) Mashed potatoes (Q40) Harvard beets (Q9) Shredded lettuce w/seedy french dressing (M2) Assorted breads (C7)(C8)(C9) Butter Hot apple brown betty (Q11) w/hard sauce (Q1) Coffee - hot tea - milk	Breaded pork chops (S23) Vegetable gravy (O15) Paralely buttered potatoes (Q99) Buttered peas (F)(Q57) Cole slaw (M12) w/sour cream dressing (M40) Assorted breads (C7)(C8)(C9) Butter Butterscotch ice cream (G34)(Q9) (C8) w/toasted coconut Coffee - iced tea (S10)
16 WEDNESDAY Chilled grapefruit segments (on) Assorted ready-to-eat cereal Fresh milk Baked beef hash (J37) w/soft cooked egg (1) Hot raisin toast (C8) or Hot plain toast - butter Jelly Coffee	Grilled beef steak, to-order (J19) Chili sauce French fried potatoes (Q39) Creamed onions (Q36)(Q13)(1) Sliced tomato salad (M52) on lettuce, w/salad dressing Assorted breads (C7)(C8)(C9) Butter Banana cake (D13) w/flowing icing (I20) Coffee - hot tea - iced orangeade (R8)	Beef barley soup (F2) Oreutons Roasted frankfurters and barbecue sauce (J3) O'brien potatoes (dehyd)(Q68) Buttered green beans (F)(Q48) Chef's salad (M24) w/french dressing (M2) Wiener rolls (C5)(1) Assorted breads (C7)(C8)(C9) Butter Strawberry (F) pie (E2)(K9) w/whipped cream Coffee - iced tea (S10) - milk
17 THURSDAY Chilled orange juice (F) Assorted ready-to-eat cereal or oatmeal (E3) Fresh milk Scrambled eggs (F12) w/frisaled dried beef Hot toast - butter Jam Coffee	Navy bean soup (F1)(P9) Toast sticks Grilled cheeseburgers (J22) Hot potato salad (M48) Buttered cream style corn (on) (Q41) Raw onion rings Pickle relish Hamburger buns (C5)(1) Assorted breads (C7)(C8)(C9) Butter Coffee ice cream (Q9) Chocolate drops (D27) Coffee - iced tea (S10) - milk	Baked ham, virginia style (J21) Glazed pineapple slices Scalloped potatoes (Q14)(Q13)(1) Buttered shredded cabbage (Q52) Carrot and raisin salad (M43) w/celery leaf garnish Assorted breads (C7)(C8)(C9) Butter Cottage pudding (D4)(D5) w/lemon sauce (Q4) Coffee - hot tea
18 FRIDAY Ripe whole banana Assorted ready-to-eat cereal or rolled wheat cereal (E3) Fresh milk Home fried potatoes (Q70) Grilled vienna sausage (on) Iced cinnamon buns (Q6)(1) (I25)(I10) Hot toast - butter Coffee	Baked halibut w/mornay sauce (M18) or Pork and veal chop suzy (J24) Steamed rice (K1) Buttered asparagus spears (F)(Q46) Lettuce wedge w/thousand island dressing (M41) Assorted breads (C7)(C8)(C9) Butter Chilled honeydew melon wedge Coffee - hot tea - iced lemonade (E7)	Braised beef steak (J7) Brown beef gravy (O15) Mashed potatoes (Q40) Buttered baby limes (on) Cottage cheese salad (M47) on lettuce Assorted breads (C7)(C8)(C9) Butter Blueberry pie (K1)(K2)(S1) Coffee - iced tea (S10) - milk
19 SATURDAY Chilled grapefruit juice (F) Assorted ready-to-eat cereal Fresh milk Fried eggs, to-order (F18) Crisp broiled bacon (S26) Bear claws (Q6)(1)(2)(K30) (I22) Hot toast - butter Coffee	Corned beef mulligan (S27) * Hashed browned potatoes (Q70) Buttered broccoli (F)(Q50) Garden salad (M11) w/piquante dressing (M33) Toasted garlic bread (C28) Assorted breads (C7)(C8)(C9) Butter Red raspberry (F) shortcake (D4)(D5) w/whipped cream Coffee - hot tea - milk	Pot roast of beef (J15) Brown beef gravy (O15) Baked potato puff (Q13) Southern style green beans (on) (Q47) Cucumber and onion salad (M13) Assorted breads (C7)(C8)(C9) Butter Chilled fresh plums Orange thins (D54) Coffee - iced tea (S10)
20 SUNDAY Chilled fresh bling cherries Assorted ready-to-eat cereal or farina (E3) Fresh milk Hot griddle cakes (C13) w/smaple sirup Baked pork sausage patties Hot toast - butter Jelly Coffee	Fried chicken (I9) Giblet gravy (S4) Mashed potatoes (Q40) Buttered fresh-corn-on-the-cob Sliced tomato salad (M52) on lettuce, w/french dressing (M2) Hot biscuits (C1) Assorted breads (C7)(C8)(C9) Butter Hot caramel nut sundae (Q9)(O9) Coffee - iced tea (S10)	Mulligatawny soup (F10)(F22) Crackers Ballisbury steak (J29) w/smothered onions (dehyd)(Q64) * Cottage fried potatoes (Q70) Spinach (on)(Q73) w/lemon wedge Carrot combination salad (M44) w/garlic french dressing (M2) Assorted breads (C7)(C8)(C9) Butter Pineapple pie (K1)(K2)(K21) Coffee - hot tea - milk

\*See NOTES, this edition, NAVY FOOD SERVICE

RECEIVED

(Continued)

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R. R. S.

# APPENDIX A

## (Sample Winter Menu)

MAY, 5 AND 6, 1950 (1-35)

### GENERAL MESS MENU

NAVY FOOD SERVICE (Suggested Menu)		DATE	
BREAKFAST		1 December 1958	
DINNER		SUPPER	
MONDAY	Chilled orange juice (F) Assorted ready-to-eat cereal or oatmeal (K3) Fresh milk Eggs, any style, to-order Crisp broiled bacon (S26) Toad crescents (C6)(1)(3) (110) Hot toast - butter Coffee	Grilled pork chops (J19) Scalloped potatoes with onions (Q14)(O13)(1) Buttered green beans (F)(Q48) Hot spiced applesauce (cm) (Q39)* Assorted breads (C7)(C8)(C9) Butter Caramel bread pudding (Q3) w/vanilla sauce (Q5) Coffee - tea - milk	Chicken noodle soup (dehyd) Toast sticks Epicurean hamburgers (J54) Parsley buttered potatoes (Q89) Mashed rutabagas (Q72) Toasted vegetable salad (M50) w/sauza mayonnaise (M37)* Hamburger buns (C5)(1) Assorted breads (C7)(C8)(C9) Butter Pineapple upside down cake (D16) (D4) Coffee - tea
TUESDAY	Ripe, whole banana Assorted ready-to-eat cereal or farina (K3) Fresh milk Scrambled eggs (F12) Cottage fried potatoes (Q70) Hot toast (whole wheat (C8), white (C7)) - butter Jam Coffee	Beef julienne soup (P2) Crackers Simmered frankfurters Mashed potatoes w/butter (Q40) Stewed tomatoes (cm) w/croutons* Peas, pickle, and cheese salad (M28) on lettuce, w/salad dressing Wiener rolls (C5)(1) Assorted breads (C7)(C8)(C9) Butter Blueberry pie (K1)(K2)(S1) Coffee - tea	Grilled beef steak, to-order (J19) Baked whole potatoes in jackets, w/butter* Normandie fresh carrots (Q56) Old fashioned lettuce salad (M61) Hot whole wheat biscuits (C1) (C2) Assorted breads (C7)(C8)(C9) Butter Coffee ice cream (Q9) Coffee - tea - milk
WEDNESDAY	Chilled stewed prunes (cm) Assorted ready-to-eat cereal or rolled wheat cereal (K3) Fresh milk Hot oatmeal fritters (C36) w/maple sirup Baked pork sausage patties Hot toast - butter Jelly Coffee	Rice soup (P23) Croutons Beef stew (J6) or braised beef (J8) w/crisp broiled bacon (S26) O'Brien potatoes (dehyd)(Q88) Buttered broccoli (P)(Q50) Grapefruit (cm) and orange salad (M51) on lettuce, w/lemon french dressing (M2) Assorted breads (C7)(C8)(C9) Butter Yellow cake (D4) w/maple nut frosting (I1)(I2) Coffee - tea - milk	Oven roast of veal (J28) Brown veal gravy (Q15) Cornbread stuffing (I6)(S13)* Mashed potatoes (Q40) Buttered beets (Q9) Chef's salad (M24) w/chicken dressing (M63)* Assorted breads (C7)(C8)(C9) Butter Chilled sliced peaches (cm) Old fashioned molasses cookies (D53) Coffee - tea
THURSDAY	Chilled half of grapefruit Assorted ready-to-eat cereal or hominy grits (K3) Fresh milk Bacon omelet (F8) Snickerdoodle (D48) Hot toast - butter Coffee	Vegetable soup (F8) Crackers Grilled cheeseburgers (J22) on toasted split buns (C5)(1) French fried potatoes (Q39) Baked acorn squash (Q41) Raw onion rings Assorted olives Assorted breads (C7)(C8)(C9) Butter Warm apple crisp (Q1) Coffee - tea - milk	Roast fresh ham (J27)* Brown pork gravy (Q15) Baked potato puff (Q13) Parsleyed cauliflower (P) Golden glow salad (M14) on lettuce w/salad dressing Hot biscuits (C1) Assorted breads (C7)(C8)(C9) Butter Chocolate brownies (D12) sprinkled w/confectioners' sugar Coffee - tea
FRIDAY	Chilled tomato juice (cm) Assorted ready-to-eat cereal or whole wheat meal (K3) Fresh milk Hot french toast (F15) sprinkled w/cinnamon-sugar mix (I25)* Baked pork sausage links Hot toast - butter Jam Coffee	Fried fillet of cod (H10) w/tartar sauce (S5) or Glazed ham patties (J43) Creamed potatoes (Q89)(O13)(1) Buttered whole kernel corn (cm)(Q51) Lettuce chunks w/egg salad dressing (M1) Assorted breads (C7)(C8)(C9) Butter Banana cream pie (K2)(K24) w/whipped cream Coffee - tea	Boston clam chowder (F6) Lemon buttered croutons Sauerbraten (J30) Brown beef gravy (Q15) Hot german potato griddle cakes (C35) Red cabbage w/sour sauce (Q53)* Cottage cheese salad (M47) Hot sesame seed rolls (C5)(1)(2)) (K30) Assorted breads (C7)(C8)(C9) Butter Chilled coconut fruit cup (Q18) Belgian cookies (D34) Coffee - tea - hot cocoa (M4)
SATURDAY	Chilled whole tangerine Assorted ready-to-eat cereal or oatmeal (K3) Fresh milk Baked corned beef hash (J37) w/soft cooked egg (1) Cake doughnuts (C20) sprinkled w/confectioners' sugar Hot toast - butter Coffee	Fried chicken, maryland style (L4) Cream gravy (Q15) Mashed potatoes (dehyd)(Q87) Kale (P) w/bacon seasoning (Q62)* Chilled fresh cranberry sauce (M6) Assorted breads (C7)(C8)(C9) Butter Pumpkin cake (D47) w/pea foam frosting (I1)(I2) Coffee - tea - milk	Cream of chicken soup (P10) Crackers Spaghetti (E2) w/italian meat sauce (Q17) Buttered peas (cm)(Q67) Garden salad (M31) w/oil and vinegar dressing (M2) Hot pizza (C23) Assorted breads (C7)(C8)(C9) Butter Vanilla ice cream (Q9) w/cherry sauce (Q7) Coffee - tea
SUNDAY	Stewed apricots (Q43) Assorted ready-to-eat cereal or farina (K3) Fresh milk Baked browned potatoes (Q70) Grilled vienna sausage (cm) Toad butterfly rolls (C6)(1) (I25)(110) Hot toast - butter Coffee	Oven roast of beef (J25) Brown beef gravy (Q15) Yorkshire pudding (C15) Buttered baby limas (P) Carrot combination salad (M44) w/french dressing (M2) Assorted breads (C7)(C8)(C9) Butter Strawberry (P) shortcake (D4) (D5) w/whipped cream Coffee - tea	Pepper pot soup (F28) Rye toast sticks Grilled ham slices (J19) Glazed pineapple rings Browned sweet potatoes (cm)(Q2) Hot string bean salad (M57) Assorted breads (C7)(C8)(C9) Butter Lemon cake pie (K2)(K28) Coffee - tea - milk

REVIEWED BY (Supply Officer)

APPROVED (Commanding Officer)

\* See NOTES, this edition NAVY FOOD SERVICE  
U. S. N.

U. S. N.

## APPENDIX B

### A CALENDAR OF SPECIAL DAYS, HOLIDAYS, AND RELIGIOUS DAYS FOR THE MENU PLANNER

#### January

1 New Year's Day

#### February

12 Lincoln's Birthday

14 Valentine's Day

22 Washington's Birthday

#### March

17 St. Patrick's Day

#### April

Good Friday (Friday before Easter) \*  
Easter Sunday \*

#### May

Armed Forces Day (3d Saturday in May)

Mother's Day (2d Sunday in May)

30 Decoration or Memorial Day

#### June

Father's Day (3d Sunday in June)

#### July

4 Independence Day

#### August

None

#### September

Labor Day (1st Monday in September)

#### October

12 Columbus Day

#### November

11 Veteran's Day

Thanksgiving (4th Thursday in November)

#### December

25 Christmas Day

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\* Varies: March or April

## APPENDIX C

### FOOD AND NUTRITION BOARD, NATIONAL RESEARCH COUNCIL RECOMMENDED DAILY DIETARY ALLOWANCES<sup>1</sup> REVISED 1958

Designed for the Maintenance of Good Nutrition of Healthy Persons in the U. S. A. (Allowances are intended for persons normally active in a temperate climate)

	Age, years	Weight kg. (lb.)	Height cm. (in.)	Calories	Pro- tein gm.	Cal- cium gm.	Iron mg.	Vita- min A I. U.	Thiam. gm.	Ribo. mg.	Niacin <sup>2</sup> mg. equiv.	Asc. Acid mg.	Vita- min D I. U.
Men----	25	70 (154)	175 (69)	<sup>3</sup> 3,200	70	0.8	10	5,000	1.6	1.8	21	75	-----
	45	70 (154)	175 (69)	3,000	70	.8	10	5,000	1.5	1.8	20	75	-----
	65	70 (154)	175 (69)	2,550	70	.8	10	5,000	1.3	1.8	18	75	-----
Women .	25	58 (128)	163 (64)	2,300	58	.8	12	5,000	1.2	1.5	17	70	-----
	45	58 (128)	163 (64)	2,200	58	.8	12	5,000	1.1	1.5	17	70	-----
	65	58 (128)	163 (64)	1,800	58	.8	12	5,000	1.0	1.5	17	70	-----
Boys----	16-19	63 (139)	175 (69)	3,600	100	1.4	15	5,000	1.8	2.5	25	100	400
Girls----	16-19	54 (120)	162 (64)	2,400	75	1.3	15	5,000	1.2	1.9	16	80	400

<sup>1</sup> The allowance levels are intended to cover individual variations among most normal persons as they live in the United States under usual environmental stresses. The recommended allowances can be attained with a variety of common foods, providing other nutrients for which human requirements have been less well defined.

<sup>2</sup> Niacin equivalents include dietary sources of the preformed vitamin and the precursor, tryptophan. 60 milligrams tryptophan equals 1 milligram niacin.

<sup>3</sup> Calorie allowances apply to individuals usually engaged in moderate physical activity. For office workers or others in sedentary occupations they are excessive. Adjustments must be made for variations in body size, age, physical activity, and environmental temperature.

## APPENDIX D

### RECOMMENDED READING

#### FOOD VALUE AND DIETARY TABLES

##### **Composition of Foods . . . Raw, Processed, and Prepared.**

United States Department of Agriculture Handbook No. 8, June, 1950. (Available from: The Superintendent of Documents, Washington 25, D. C., Price: 35 cents.)

##### **Food Values of Portions Commonly Used.**

Anna de Planter Bowes and Charles F. Church. Edition 8, 1956. (Available from: Anna de Planter Bowes, Northeast Corner, 7th and Delancey Streets, Philadelphia 6, Pennsylvania, Price: \$2.25.)

##### **Table of Food Composition for the Armed Forces.**

United States Department of Agriculture, Bureau of Human Nutrition and Home Economics. (Available from: The Superintendent of Documents, Washington 25, D. C., Price: 30 cents.)

##### **Nutritional Data.**

H. J. Heinz Company, 1956. (Available from: H. J. Heinz Co., P. O. Box 57, Pittsburgh, Pennsylvania.)

##### **Canned Foods in Human Nutrition.**

National Canners Association, 1950. (Available from: Research Laboratories, National Canners Association, Washington, D. C., Free.)

##### **Recommended Dietary Allowances.**

National Academy of Sciences, National Research Council Publication 589. Revised 1958. (Available from: National Academy of Sciences, National Research Council, Washington, D. C., Price: \$1.00.)

#### GENERAL REFERENCES ON MENU PLANNING

##### **Meal Planning Guide. Planning, Buying, Preparing and Serving.**

The Pet Milk Company. (Available from: The Pet Milk Company, St. Louis, Missouri.)

##### **Food for Fitness. A Daily Food Guide.**

United States Department of Agriculture. Leaflet No. 424. March, 1958. (Free copies available from: The Office of Information, The U. S. Department of Agriculture, Washington 25, D. C.)

##### **Essentials of An Adequate Diet.**

United States Department of Agriculture, Publication No. ARS-62-4. June, 1956. (Available from: The Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C., Price: 15 cents.)

#### GENERAL REFERENCES ON NUTRITION

##### **Teaching Nutrition.**

M. Pattison, H. Barbour, and E. Eppright. The Iowa State College Press, Ames, Iowa, 1957.

##### **Eat to Live—A Long, Happy, Productive Life.**

Wheat Flour Institute. (Available from: 309 West Jackson Boulevard, Chicago 6, Illinois.)

##### **A Balanced Diet.**

The Nutrition Foundation, Inc. (Available from: Chrysler Building, New York, N. Y.) February, 1953.

**Food Becomes You.**

Ruth M. Leverton. The University of Nebraska Press, Lincoln, Nebraska, 1952.

**Present Knowledge in Nutrition.**

The Nutrition Foundation, New York, 1953.

**Food Facts Talk Back. Food Information—Fallacies and Facts.**

The American Dietetic Association, 620 North Michigan Ave., Chicago 11, Illinois, 1957.

**JOURNALS AND PERIODICALS**

**Inplant Food Management.**

Inplant Publishing Co., 230 East Ohio St., Chicago 11, Illinois, Price: \$4.00 per year.

**Institutions. Magazine of Mass Feeding-Mass Housing.**

Domestic Engineering Co., 1801 Prairie Ave., Chicago 16, Illinois, Price: \$5.00 per year.

**Restaurant Management.**

Ahrens Publishing Co., Inc., 71 Vanderbilt Ave., New York 17, N. Y., Price: \$4.00 per year.











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